

Tips and Strategies to Prepare your Children for Returning to School

Returning to the routine of school can bring about a variety of feelings and thoughts. Please see the links below to help guide your family through the transition of returning to school.

[Back to School Anxiety](#)

[Helping Children Cope with Changes Resulting From COVID-19](#)

[Helping Kids Back Into the School Routine](#)

[Helping Kids Get Used to Masks](#)

[10 Phrases Parents Can Use to Help Kids Understand the Importance of Social Distancing](#)

[Handwashing Tips from the CDC](#)

For additional resources in the River Forest and Oak Park area, please see the links below:

[River Forest Township Resource/General Assistance Guide](#)

[Community Resources For Your Family in Oak Park](#)

[Pandemic EBT \(P-EBT\) Snap Benefits](#)

Fun and educational online resources:

River Forest Public Library

Oak Park Public Library

National Geographic for Kids

Top 10 Virtual Museum Tours

Bill Nye the Science Guy

Free Online Games for Kids by Commonsense Media

Khan Academy for Kids age 2-7

Khan Academy Imagineering

BrainPop

Cosmic Kids Yoga